

What is claimed is:

1. A belt, inducing abdominal breathing, comprising:
  - a belt cloth;
  - 5 an attachment provided at one end portion of the belt cloth;
  - a buckle attached in an end of another side of the belt cloth so as to engage with the attachment, regulating the length of the belt cloth, fixing the belt cloth and pressing upper part of the pubis; and
  - 10 a belt bending attachments slidely and detachably provided to the belt cloth, capable of bending the belt cloth.
2. A belt according to claim 1, further comprising an inguinal region pressurization implement attached in the belt cloth, capable of breathing from the abdomen by pressurizing an inguinal region.
- 15 3. A belt bending attachment comprising:
  - a frame ornament;
  - an ornament engages with the frame ornament through the belt cloth, capable of bending the belt cloth, further comprises a root part, clip sticks formed at the both ends of the root part so as to project perpendicularly in a horizontal direction from both ends of the root part, a tip part thereof formed in the shape of a crank, and a central clip stick provided so as to project perpendicularly from a central part of the root part, a tip part thereof formed in the shape of a crank having an opposite direction which differs from the direction

of the tip part of the clip sticks.

4. A belt bending attachment according to claim 3, wherein the tip part of the central clip stick is formed straightly.

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